

How to prevent gastrointestinal illness: food and water safety

Contaminated food and water can lead to gastrointestinal infections such as Travellers' Diarrhea, Hepatitis A, and Typhoid Fever. Wherever you may be travelling, it is important to always:

- ✓ Exercise caution with your drinking water, particularly in areas where hygiene and sanitation are challenging to maintain
- ✓ Practice food safety and be cautious when eating high risk foods
- ✓ Follow good hygiene practices

To reduce your risk of gastrointestinal illnesses, follow these safe food, water, and hygiene practices:

	DO	DON'T
EAT	<ul style="list-style-type: none"> ✓ Food that is thoroughly cooked and served while hot ✓ Fruits, nuts and vegetables you can peel or remove the casing of yourself ✓ Fruit and vegetables that are washed with treated water ✓ Pasteurized dairy products 	<ul style="list-style-type: none"> x Raw, undercooked, or cold meat, poultry, fish, seafood, or eggs x Bush meat or game meat x Condiments or sauces made from raw ingredients or eggs x Food that is uncovered, not on ice or not refrigerated such as buffets x Unwashed or unpeeled fruit or vegetables x Raw vegetables if the source is questionable or if you are unsure that they have been washed with treated water x Unpasteurized dairy products (e.g. cheese, milk, yogurt, ice cream)
DRINK	<ul style="list-style-type: none"> ✓ Water that has been treated (boiled, filtered, or bottled water) ✓ Carbonated beverages in sealed bottles ✓ Bottled water that you uncapped yourself or was uncapped in your presence ✓ Hot tea and coffee 	<ul style="list-style-type: none"> x Tap or well water if you are unsure of the quality x Beverages that contain ice x Unpasteurized milk
HYGIENE	<ul style="list-style-type: none"> ✓ Wash your hands for at least 20 seconds with soap and water, especially before preparing or eating food and after using the bathroom ✓ Use an alcohol-based hand sanitizer that contains at least 60% alcohol ✓ Brush your teeth with treated water 	<ul style="list-style-type: none"> x Share food, beverages, and utensils with others x Brush your teeth with tap water if you are unsure of the quality x Ingest or have contact with water from freshwater sources (streams, ponds, and lakes). Do not ingest water from pools and hot tubs

Always remember to: **Boil it, Cook it, Peel it, or Forget it!**